

## 7 PILLARS OF HEALTH

EAT  
MOVE  
CONNECT  
THINK  
SOOTHE  
SLEEP  
DETOX

## POSITIVE SOCIAL WELLNESS HABITS

- TAKE CARE OF YOURSELF
- TO HELP MANAGE YOUR STRESS.
- EXCERCISE, EAT HEALTHY FOOD AND SLEEP ENOUGH.
- MAKE CONNECTIONS
- MAKE SOCIAL PLANS
- CONSIDER ADOPTING A PET
- SEEK HELP WHEN YOU NEED IT

## SOCIAL DETERMINATION OF HEALTH

- FAMILY
- GENDER
- EDUCATION
- RACE
- CLEAN ENVIRONMENT

EMOTIONS ARE  
YOUR  
COMMUNICATION  
SUPER POWER

EMOTIONS ARE THE SECRET SKILL  
THAT HELPS YOU CONNECT AND  
UNDERSTAND

